

Kate's Pickled Beetroot



INGREDIENTS

3 fresh unpeeled beetroots (any color)

1 cup of vinegar (I typically use either apple cider or red wine, or a combination. Use whatever light or clear vinegar you have.)

1 cup of orange juice

1 Tbsp. sea salt

½ Tbsp fresh cracked pepper (or toss in about a Tbsp of black pepper corns)

Optional: 1 tsp. cloves, garlic powder, thyme, fennel seeds, celery seeds, other aromatics

INSTRUCTIONS

Boil the whole unpeeled beetroots in water with some salt for about 30 minutes until a knife easily slides into them. Remove them from the boiling water and allow to cool until you can handle them comfortably.

Once you can handle the beetroot, slide the skin off of them, cut in half and then slice into thick slices.

Combine vinegar, orange juice, salt and pepper, stir until most of the salt has dissolved. Put the sliced beetroot into a container with a sealable lid and pour liquid over them. Seal and refrigerate.

These are good within an hour but are delicious for up to 3 days in the fridge. Use as an addition to salads, salmon pasta, or on top of toast with cream or goat cheese and fresh cracked pepper.

